Section 11:

HOTLINES

"211" (formerly Info Line of Los Angeles)

Alcohol and Drugs - Hotlines and Resources

Alcohol and Drugs - On-line Resources

Crisis, Safety, and Welfare Issues - Hotlines and Resources

Eating Disorders - On-line Resources

Los Angeles County Helps

Los Angeles Homeless Services Authority (LAHSA)

Mental Health Issues – On-line Resources

Special Needs - On-line Resources

Suicide - Hotlines and On-line Resources, Resources for Survivors

AGENCY NAME: "211" (formerly known as INFO LINE OF

LOS ANGELES)

MISSION STATEMENT: INFO LINE'S trained specialists are on duty around-the-

clock to provide information and referral to community agencies that can help with: family problems, emergency shelter, health services, disability, child care, substance abuse, money management, counseling, family planning, consumer assistance, welfare, emergency food, legal referrals, youth programs, senior services, education, rehabilitation, transportation, mental health, and many

more.

AGE GROUP SERVED: All

PHONE & FAX NUMBERS Toll Free from: Los Angeles, West Los Angeles, Airport,

South Bay, Long Beach, San Gabriel Valley

(800) 339-6993

WEBSITE: N/A

FEE FOR SERVICE: Free or fees vary according to services

HOURS OF OPERATION: 24 hours a day/7 days a week

CONTACT PERSONS: N/A

LANGUAGES SPOKEN: English/Spanish

**For non-emergency situations, we suggest you call before 8:30 a.m. or after 4:30 p.m. for faster service.

ALCOHOL AND DRUGS – HOTLINES AND RESOURCES

Name	Phone Number	Website
ACTION	24-hour Helpline: (800) 367-8336 *Local, profit and non-profit family support program and substance abuse treatment center, behavioral and mental health as well.	
Al-Anon/ Al-Ateen	(888) 4AL-ANON (888) 425-2666 *Support group for family and friends of alcoholics.	www.scws-al-anon.org www.al-anon.alateen.org
Alcoholics Anonymous	SCV Chapter: (661) 259-0802 Toll free: (800) 923-8722 www.scv-aa.org or *12-step program and support group for alcoholism treatment.	
Center for Substance Abuse Treatment	(800) 662-HELP (800) 662-4357 *24-hour referral line provides help in locating substance abuse treatment centers.	
Cocaine Anonymous	SFV Chapter: (818) 760-8402 Toll free referrals: (800) 347-8998 *Meeting information for a 12-step program and support group for cocaine addiction.	www.sfvca.org www.ca.org
DrugHelp (an affiliate of The Phoenix House Foundation)	300) DRUG-HELP 300) 378-4435 24-hour, private, non-profit information and eferral network providing information on pecific drugs and treatment options, and eferrals to public and private treatment rograms, self-help groups, family support roups and crisis centers.	
Marijuana Anonymous	Toll free: (800) 766-6779 L.A. area: (818) 759-9194 *District Office Meeting information for 12-step program and support group to help recover from marijuana addiction. www.marijuana anonymous.org	
Narcotics Anonymous	SCV Chapter: (661) 299-5599 *Meeting information for a 12-step program and support group for drug addiction.	www.na.org or www.todayna.org

ALCOHOL AND DRUGS - ON-LINE RESOURCES

Name	Website
Adult Children of Alcoholics	www.adultchildren.org
American Society of Addiction Medicine	www.asam.org
Center for Substance Abuse Prevention	www.samhsa.gov
Join Together	www.jointogether.org
Los Angeles County Department of Public Health	www.lapublichealth.org
Mothers Against Drunk Driving	www.madd.org
National Association for Children of Alcoholics	www.nacoa.org
National Association of Addiction Professionals	www.naadac.org
National Council on Alcohol and Drug Dependence	www.ncadd.org
National Institute on Alcohol Abuse and Alcoholism	www.niaaa.nih.gov
National Institute on Drug Abuse	www.nida.nih.gov
National Organization on Fetal Alcohol Syndrome	www.nofas.org
Office of National Drug Control Policy	www.whitehousedrugpolicy.gov
Partnership for a Drug-Free America	www.drugfreeamerica.org
State of California Department of Alcohol and Drug Programs	www.adp.cahwnet.gov

CRISIS, SAFETY, AND WELFARE ISSUES - HOTLINE AND RESOURCES (2 pages)

Name	Phone Number	Website
L.A. County Safely Surrendered Baby Hotline	ndered hospital emergency room or fire station with www.babysafela.org	
L.A. Homeless Services Authority	LAHSA Hotline: (213) 225-6571 Monday-Friday, 7:00 a.m. – 5:00 p.m. Year-Round Shelter Program Daily after 5:00 p.m. Shelter Hotline: (800) 548-6047 TDD: (800) 660-4026 LAHSA provides funding and guidance to a large network of non-profit agencies throughout Los Angeles County, to providing assistance to homeless individuals and families, as they move from homelessness to stable housing and self-sufficiency. The agencies also provide shelter, housing, case management, counseling, advocacy, substance abuse programs, job training, and other specialized services. Populations Served: Chronically Homeless Person Priority Populations: Individuals, including veterans and the elderly Families with general needs Individuals with Disabilities Individuals with Multiple Diagnoses Dually Diagnosed Individuals Substance Abuse Individuals Substance Abuse Individuals Mentally Ill Individuals and Families Parolees Emancipated Foster Youth Youth (18-24 years old) Runaway Youth (12-17 years old)	www.lahsa.org

CRISIS, SAFETY, AND WELFARE ISSUES - HOTLINE AND RESOURCES (cont'd)

Name	Phone Number	Website
Domestic Violence Center of SCV	24-hour Hotline: (661) 259-HELP (661) 259-4357 Local, 24-hour hotline for crisis intervention and referral for victims of domestic violence. See listing in the Family Services section for more information.	www.dvcsantaclarita.org
Valley Trauma Center	Rape Crisis Hotline: (661) 253-0258 Local, 24-hour hotline, staffed by CA State Certified Rape Crisis Advocates who provide information, referrals, and crisis counseling. See also listing in Counseling section.	www.valleytraumacenter.org
Domestic Violence Hotline L.A. County	24-hour Hotline: (800) 978-3600 L.A. County Dept. of Community and Senior Services coordinates and supports a wide range of services for victims of domestic violence, including a network of 25 domestic violence centers that provide counseling, referrals, 24-hour hotlines, and emergency shelter.	www.dcss.co.la.ca.us
Child Abuse Hotline	Toll-free within CA: (800) 540-4000 Outside of CA: (213) 283-1960 TDD: (800) 272-6699 24-hour, free service of L.A. County. Children's Social Workers (CSWs) are on duty 24 hours to immediately investigate calls of abuse and neglect.	www.dcfs.co.la.ca.us

EATING DISORDERS - ON-LINE RESOURCES

College of the Canyons

www.canyons.edu/offices/health/nutritioncoach

http://www.canyons.edu/offices/Health/NutritionCoach/Resources/groups.asp

This web site was created to help prevent nutrition-related health problems (including eating disorders, disordered eating, overweight/obesity, size prejudice, and poor nutrient intake), which threaten students' academic and developmental success.

On this website, you will get accurate, up-to-date information about food, nutrition, and fitness, and learn how to deal with the unique challenges that students face to eating well, being active, and feeling good about their bodies in college.

Joint Advocates on Disorders Eating (JADE)

CSUN's Joint Advocates on Disordered Eating (JADE) project offers presentations to campus classes, clubs, organizations, and the community to increase awareness about eating disorders. A new feature added to JADE is an online screening for eating disorders. The on-line screening for eating disorders is a free and anonymous screening that will help you find out (in a few minutes) if you have an eating disorder, whether or not professional consultation would be helpful, and link you to sites that provide further information.

To schedule a presentation or make an appointment, call (818) 677-7500, or jade@csun.edu.

For more information on JADE, and on-line screening for eating disorders, go to www.csun.edu (go to the top of the screen, click on "CSUN A to Z", click on the letter "J", click on JADE).

National Association of Anorexia Nervosa and Bulimia Associated Disorders

www.anad.org

(630) 577-1330

National Eating Disorder Association

www.nationaleatingdisorders.org

(800) 931-2237

4Therapy.com

National database of thousands of mental health professionals, including psychiatrists, psychologists, social workers, marriage and family therapists, and pastoral counselors.

LA COUNTY HELPS (2 pages)

2.7	LA COUNTY HELPS (2 pages)			
Name	Phone Number	Website		
Food and Nutrition	n			
Food Stamps	(877) 597-4777	www.dss.cahwnet.gov/foodstamps		
Women, Infants	WIC Information Line	www.wicworks.ca.gov		
and Children	(888) 942-9675			
(WIC)	*Contact your local Department of			
	Public Social Services			
Department of				
Public Social				
Service General				
Relief				
Medi-Cal	(800) 986-4346	www.medi-cal.ca.gov		
Medicare	(800) Medicare	www.medicare.gov		
	*Ten-minute wait			
Medicare Savings	(800) Medicare	www.medicare.gov		
Programs				
Healthy Families	(800) 339-6993	www.healthyfamilies.ca.gov		
Healthy Kids	LA Care: (888) 452-5437	lacare.org		
	First 5LA: (888) 347-7855			
Child Health and	(800) 993-2437	www.dhs.ca.gov/chdp		
Disability				
Prevention				
Los Angeles	(800) 564-6600	www.lacounty.gov		
County Alcohol				
and Drug				
Program				
County Health	(800) 427-8700	www.ladhs.org		
Clinics				
Senior and Disable	ed Services			
Social Security	(800) 772-1213	www.socialsecurity.gov		
Disability				
Programs				
Cash Assistance	(877) 481-1044	www.ladpss.org		
Program for				
Immigrants				
(CAPI)				
In-Home	(888) 944-4477	www.ladpss.org		
Supportive	(888) 944-IHSS			
Services (IHSS)	*Contact your local Department of			
	Public Social Services			
Adult Protective	(888) 202-4248	www.ladpss.org		
Services				

LA COUNTY HELPS (cont'd)

Name	Phone Number	Website
Mental Health		
Mental Health Programs	(800) 854-7771 *For free, confidential mental health information, referrals to service providers, and crisis counseling at any day or time, Call 24/7 ACCESS hotline	www.dmh.lacounty.gov
Child and Famil	y Resources	
CalWORKs	(661) 298-3406 *Contact your local Department of Public Social Services	www.ladpss.org
CalWORKs Specialized Supportive Services	(661) 298-3406 *Contact your local Department of Public Social Services	www.dpss.lacounty.gov/ dpss.specializedservices
Children and Family Services	(213) 639-4819	www.dcfs.co.la.ca.us
Department of Children Services	(213) 639-4014 or (888) 811-1121	www.dcfs.co.la.ca.us
Family Preservation Program	(213) 351-5715	www.dcfs.co.la.ca.us
Family Support/Prom oting Safe and Stable Families	(213) 639-4819 (213) 351-3235	www.dcfs.co.la.ca.us
Child Support Services Child Care	(877) 222-9723 (877) BABY-SAFE (323) 890-9800	www.babysafela.org
Connection	(800) KIDS-793	

LOS ANGELES HOMELESS SERVICES AUTHORITY (LAHSA)

Address: 453 S. Spring Street, 12th Floor

Los Angeles, CA 90013

Phone & Fax Number(s) Phone: 213-683-3333

Fax: 213-892-0093

TTY: 213-553-8438 (for the hearing impaired)

www.lahsa.org

LAHSA Hotline: (213) 225-6571, Monday-Friday, 8:00 a.m.-5:00 p.m.

LAHSA provides funding and guidance to a large network of non-profit agencies throughout Los Angeles County, to providing assistance to homeless individuals and families, as they move from homelessness to stable housing and self-sufficiency. The agencies also provide shelter, housing, case management, counseling, advocacy, substance abuse programs, job training, and other specialized services.

Year Round Emergency Shelter Program

• Provided daily after 5:00 p.m.

• Shelter Hotline: (800) 548-6047

• TDD: (800) 660-4026

Populations Served

- Chronically Homeless Person
- Individuals with Disabilities
- Individuals with Multiple Diagnoses
- Dually Diagnosed Individuals
- Substance Abuse Individuals
- Mentally Ill Individuals and Families
- Domestic Violence Individuals and Families
- Parolees
- Emancipated Foster Youth
- Youth (18-24 years old)
- Runaway Youth (12-17 years old)

Priority Populations Served

- Individuals, including veterans and the elderly
- Families with general needs

MENTAL HEALTH ISSUES - ON-LINE RESOURCES

Name	Website	
American Academy of Child and Adolescent Psychiatry	www.aacap.org	
Mental Health Association in California	www.mhac.org	
National Institute of Mental Health	www.nimh.nih.gov or call (800) 421-4211 for information	
National Association of Anorexia Nervosa and Associated Eating Disorders	www.anad.org	
National Eating Disorder Association	www.nationaleatingdisorders.org	

SPECIAL NEEDS - ON-LINE RESOURCES

Name	Website
Brave Kids (includes resource directory search)	www.bravekids.org
Down Syndrome Association of Los Angeles	www.dsala.org
Junior Blind of America	www.juniorblind.org
"211" of L.A. County	www.infoline-la.org or call (800) 339-6993
Special Needs Community Calendar: a free directory of special needs, services, and events in the Los Angeles – Santa Clarita area.	www.scvs.intranets.com or www.chadd.org
National Dissemination Center for Children with Disabilities, formerly NICHCY (the National Information Center for Children and Youth with Disabilities).	www.nichcy.org
Comprehensive Federal website of disability-related government resources.	www.disabilityinfo.gov
Children With Disabilities online guide, an initiative by the Coordinating Council on Juvenile Justice and Delinquency Prevention.	www.childrenwithdisabilities.org www.ncjrs.org
California Developmental Disabilities NETLINK	www.npi.ucla.edu

SUICIDE - HOTLINES AND ON-LINE RESOURCES (2 pages)

SUICIDE - HOTLINES AND ON-LINE RESOURCES (2 pages)		
Name	Phone Number	Website
Child & Family Center	(661) 259-9439 (661) 255-6847 Santa Clarita-based center offers immediate help to those under age 18 years old contemplating suicide or homicide. Crisis team on call 9:00 a.m5:00 p.m.	www.childfamilycenter.org
National Suicide Prevention Hotline	(800) SUICIDE (800) 784-2433 24-hour, nationwide hotline; calls are connected to a certified crisis center nearest the caller's location.	www.hopeline.com
Suicide Prevention Center (Didi Hirsch Community Mental Health Center)	Toll-free in LA: (877) 7-CRISIS (727-4747) (310) 391-1253 24-hour, L.Abased suicide prevention crisis line, operating with over 100 volunteers trained by professionals specializing in suicide prevention.	www.suicide preventioncenter.org
Toll free: (800) TLC-TEEN (800) 852-8336 L.A. area: (310) 855-HOPE (310) 855-4673 Teen Line Teen listeners staff lines from 6:00 - 10:00 p.m. (PST) under supervision of professional counselors. They do not offer therapy, advice, or ongoing relationships.		www.teenlineonline.org
TREVOR Helpline for Gay Youth	(866) 4U-TREVOR (800) 850-8078 24-hour, toll-free national suicide prevention hotline aimed at gay or questioning youth. All calls are handled by trained counselors, and are free and confidential.	www.thetrevorproject.org

SUICIDE - HOTLINES AND ON-LINE RESOURCES (cont'd)

Name	Website
American Association of Suicidology	www.suicidology.org
Kids Health	www.kidshealth.org
National Center for Injury Prevention and Control (Centers for Disease Control and Prevention)	www.cdc.gov/ncipc
National Institute of Mental Health	www.nimh.nih.gov or call (800) 421-4211 for information
National Organization for People of Color Against Suicide	www.nopcas.com
National Strategy for Suicide Prevention	www.mentalhealth.org/suicideprevention
Suicide Crisis Center	www.suicidal.com
Suicide Prevention Resource Center	www.sprc.org
The Surgeon General's Call To Action To Prevent Suicide	www.surgeongeneral.gov/library/calls
Teen Suicide/Crisis Hotlines	www.suicidehotlines.com (800) 843-5200

SUICIDE - RESOURCES FOR SURVIVORS (3 pages)

American Foundation for Suicide Prevention (AFSP)	(888) 333-2377
	www.afsp.org
Before Their Time: A musical resource to provide	www.beforetheirtime.org
comfort to people after the death of someone close	
Beyond Surviving: Suggestions for Survivors (by Iris	National: (630) 990-0010
Bolton)	Los Angeles: (310) 368-6845
Compassionate Friends: For parents grieving the death	www.compassionatefriends.org
of a child; chat room from 10:00 a.m. – 11:00 p.m.	
Crisis, Grief, and Healing: Articles of interest and	www.webhealing.com
forum	
Fierce Goodbye: From a documentary focusing on	www.fiercegoodbye.com
survivors	
Friends for Survival	www.friendsforsurvival.org
Grief Net: Grief support; can connect you with various	www.griefnet.org
resources	
Heartbeat: A peer support group offering empathy,	www.heartbeatsurvivorsaftersuicide.org
encouragement and direction following the suicide of a	
loved one	
International Association for Suicide Prevention	www.med.uio.no/iasp
International Friends and Families of Suicide	www.friendsandfamiliesofsuicide.com
Living With Loss Magazine	(888) 604-HOPE (4673)
	www.bereavementmag.com
Music Bibliography for a Grieving Heart: Suggested	www.nameastar.net
listening for multiple stages of the grief process	
(compiled by Lois Bloom)	
Name a Star: Name a star in remembrance of a loved	
one	
National Alliance for the Mentally Ill (NAMI): Provides	National: (800) 950-6264
support for family members of those with mental illness	www.nami.org
	California: (916) 567-0163
	www.namicalifornia.org
National Mental Health Awareness Campaign: A	(877) 495-0009
public service campaign to educate the public about	www.nostigma.org
mental health issues and eradicate the fear, shame and	
stigma commonly associated with mental illness	
National Organization for People of Color Against	(866) 899-5317
Suicide (NOPCAS)	www.nopcas.com
National Suicide Prevention Lifeline	www.suicidepreventionlifeline.org
Parents of Suicide Mailing List: Submit your e-mail to	www.groups.yahoo.com/subscribe/parents
join the mailing list	ofsuicides
Parents of Suicide Support Site	www.parentsofsuicide.com

SUICIDE - RESOURCES FOR SURVIVORS (cont'd)

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Sibling Survivors: Michelle Linn-Gust's Website	www.siblingsurvivors.com
Suicide Awareness/Voices of Education (SAVE):	(952) 946-7998
Provides information on depression and suicide	www.save.org
Suicide Discussion Board: Open for the purpose of	www.suicidediscussionboard.com
suicide awareness, support, and education	
Suicide Memorial Wall: A Tribute to lost loved ones	www.suicidememorialwall.com
Suicide Prevention Advocacy Network (SPAN)	National: (202) 449-3600
	www.spanusa.org
	California: (760) 753-4565
	www.span-california.org
Suicide Prevention Resource Center	(877) GET-SPRC (438-7772)
	http://mailman.edc.org/mailman/listinfo/sp
	rc
	to receive the Suicide Prevention Resource
	Center's weekly e-mail newsletter
Suicide Reference Library: Provides helpful information	www.suicidereferencelibrary.com
to those who are involved in suicide awareness, grief	
support, and educational activities	
Suicide Wall: Honoring Vietnam Veterans who have	www.suicidewall.com
taken their own lives	
Survivors After Suicide Yahoo Group: Created by a	http://health.groups.yahoo.com/group/Surv
member of our survivor community, this group can be	ivorsAfter Suicide/
used to post photos and chat with other survivors	
Survivors of Suicide: A website dedicated to those who	www.survivorsofsuicide.com
have lost a loved one to suicide	
Yellow Ribbon Suicide Prevention Project, Light for Life	(303) 429-3530
International: Teen suicide prevention	www.yellowribbon.org

NATIONAL RESOURCES

Resource	Contact	Webpage
National Suicide Prevention	(800) 273-TALK	http://www.suicidepreventionlifeline.org/
Active Minds on Campus	(202) 332-9595	http://www.activemindsoncampus.org/
American Foundation for	(888) 333-2377	http://www.afsp.org/
Suicide Prevention (AFSP)		
American Association of	(202) 237-2280	http://www.suicidology.org
Suicidology (AAS)		
Girls and Boys Town Crisis	(800) 448-3000	

SUICIDE - RESOURCES FOR SURVIVORS (cont'd)

NATIONAL RESOURCES

Center for Suicide	(403) 245-3900	http://www.suicideinfo.ca/
Information (Canada)		
Crisis and Information	(800) 560-5535	
hotline		
Emergency Shelter	(800) 560-5535	
Friends for Survival	(916) 392-0664	www.friendsforsurvival.org/
The Jed Foundation	(212) 647-7544	http://www.jedfoundation.org/
National Institutes of Mental	(866) 615-6464	http://www.nimh.nih.gov/health/topics/suicide-
Health (NIMH)		prevention/
National Alliance for the	(800) 950-6264	http://www.nami.org
Mentally Ill (NAMI)		
National Mental Health	(800) 969-6642	http://www.nmha.org
Association (NMHA)		
National Runaway Hotline	(800) 231-6946	
National Runaway	(800) 621-4000	
Switchboards		
National Youth Hopeline	(800) 442-4673	
PBS Weblab – Living With		http://www.pbs.org/weblab/living/
Suicide: Shared Experiences		
and Voices of Loss		
School-based Youth Suicide		http://theguide.fmhi.usf.edu/
Prevention Guide		
Spanish Crisis Line	(800) 942-6908	
Substance Abuse and	(800) 789-2647	http://mentalhealth.samhsa.gov/suicideprevention/
Mental Health Services		
Administration's		
(SAMHSA) National Mental		
Health Information Center		
Suicide Prevention Action	(202) 449-3600	http://www.spanusa.org
Network (SPAN)		
Suicide Awareness Voices of	(952) 946-7998	http://www.save.org/
Education (SAVE)		
Suicide.org		http://www.suicide.org/
Suicide Prevention Resource	(877) 438-7772	http://www.sprc.org/
Center		
Survivors of Suicide		http://www.survivorsofsuicide.com/
Yellow Ribbon Suicide	(303) 429-3530	http://www.yellowribbon.org
Prevention Project		